

*Bread Machine Baking Month * Oatmeal Month *
 * National Hot Tea Month * National Soup Month *
 * National Cancer Prevention Month *
 * Family Fit Lifestyle Month * Walk Your Pet Month *

January 2005



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Lose Weight/Feel Great Week (1/1 - 1/8)						
						1  New Year's Day
2	3	4	5	6 Citrus fruits are in peak season! Eat one today.	7	8
9	10	11 Fruits, vegetables and grains are good sources of dietary fiber.	12	13	14	15  Try oatmeal with fresh fruit to chase the chills away!
Fresh-Squeezed Juice Week (1/15 - 1/19) National Skating Week (1/15 - 1/23) Healthy Weight Week (1/16 - 1/22)						
16 National Nothing Day	17  Martin Luther King, Jr.'s Birthday (observed)	18  Rid the World of Fad Diets & Gimmicks Day	19	20	21	22
23	24	25  Full Moon	26  National Compliment Day	27  Start planning your school's indoor and outdoor garden for the spring!	28  Fun At Work Day	29
30	31					